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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

HOMEMAKERS' CHAT Monday, June 26, 1939.

(For Broadcast Use Only)

Subject: "MINERALS AND VITAMINS AT THE BACK DOOR." Information from Farm Security Administration, Bureaus of Home Economics and Plant Industry, U. S. Department of Agriculture.

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Another Monday letter from Washington.... Our reporter writes:

"You have doubtless heard much about surplus food products on farms and the various efforts to get them to city dwellers on low incomes. These surpluses do not exist everywhere. Some are in one region and some in another. At the same time there are numerous farming areas which have been badly affected by drought, dust, erosion, or other causes for crop failure and family discouragement.

"When the other agencies in the section are unable to give the needed assistance to the stricken farm families the Farm Security Administration provides farm and home management supervisors to help the families get on their feet again.

"Supervisors are often able to suggest simple ways that cost little or nothing, by which diet can be improved. There are several crops, for instance, which are grown primarily for feed or forage, which also bear seeds or other parts that are valuable human foods. The amount a family would use on the table makes no difference in the value of the forage crop for livestock.

"Grain sorghums and soybeans are two of these food possibilities to be had for the trouble of gathering them. Some of the Farm Security home management specialists in Texas and Oklahoma have suggested recently that farm families now growing grain sorghums might try these grains for a breakfast cereal, or put them in muffins, battercakes or other dishes, with resulting benefit to the family diet.

"This is a suggestion that might be applied wherever grain sorghums grow. Not only in the southwest- in Texas, Oklahoma, Arizona, or Arkansas, but in Colorado,

Kansas, Missouri, Iowa, Nebraska, and South Dakota, to name some of the largest producing states. One or two varieties of grain sorghum cannot be used because of their bitter taste. But milo, kafir, hegari, and feterita have been found very palatable. All have a high content of iron, which is one of the elements frequently missing from low-cost diets.

"In 'Diets to Fit the Family Income', the Bureau of Home Economics does not specifically mention the grain sorghums, but all whole grain products are recommended as cheap and nutritious forms of cereals, particularly because they supply iron and some of the vitamins.

"The flavor of the grain sorghums is a pleasant surprise to people. The whole grain without cracking makes a good dish if it is cooked for about an hour in a pressure cooker. When ground, it makes good muffins. Milo maize seed, cracked and cooked for only a few minutes, makes a delicious breakfast porridge.

"Millions of people in Africa, India, and China have used grain sorghums as food for centuries. Kafir was one of the grain sorghums depended on during years of short crops by pioneers who settled our southern Great Plains. And while the use of these grains at present may be chiefly in families that are making an effort to add minerals and vitamins to their diet without extra cost, the good flavor of the grain sorghums is worthy anybody's sampling. The only way at present to get these grain sorghums is out of the farm fields or from local grist mills. A small home hand mill is satisfactory for grinding them.

"Now about soybeans, another food to be found in the farm fields:

"So much has been said of the high food value of soybeans I can put the facts briefly: Soybeans are high in efficient protein and fat. They supply calcium, phosphorus, iron, vitamins A, B, and G. However, the fresh green soybeans are a much better source of vitamin A than the dried soybeans. Soybeans are low in carbohydrates,- and that's an advantage in certain diets.

"The farm families who are growing soybeans for other reasons will find

they can add both food value and variety to the table by picking them to use green during the summer and drying as many as they can for winter use.

"Speaking of beans... dried beans of various kinds are quoted among the surplus crops just now. While this fact may deter a farm family from seeking a market for dried beans, it need not stop them from using the beans freely in the home.

"In connection with the use of more whole grain cereals, I should add that wheat, corn, and oats are also produced on many farms. The farm family, therefore, can easily have what city families find hard to get- whole or cracked wheat, water-ground or old-process cornmeal, and old-fashioned oatmeal. Any of these contain some important minerals and vitamins that are lost when the same cereals are put through manufacturing processes to make them keep better.

"If you have a pressure cooker you can cut cooking time for yourself. Whole wheat is particularly delicious cooked in a pressure cooker, and once made tender, it can be used in many nourishing dishes. It can be cracked or crushed in a hand grinder. The chief point to guard against in using the whole grain, rather than the manufactured, cereal products, is rancidity. Because the oil-bearing germ is left in the whole grain cereals, they do not keep as well as the commercial kinds, and should be stored in a cool place. It's well to have only small amounts ground or cracked at a time.

"I'd like to mention two other 'by-products' of grain milling which have high food value and may be important additions to limited diets at very low cost. They are not exactly products of the farm crops in the sense meant with grain sorghums, or even wheat, corn, or oats. But they may be obtained from local mills where the farmer has grains ground.

"One is the wheat germ that has been removed in milling flour. This is particularly rich in fat, several minerals, and certain of the vitamins. The other is obtained from the rice plantations of the far south. When the rice is milled, the rice polishings are left behind, and sold very cheaply for stock feed. Rice polishings supply so much good nutriment when used in breads, cereals, and other foods, that they are well worth adding to the low-cost diet to raise its content of minerals and vitamins."

That's all of our Washington letter for this week.

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